

# Buena Vista Middle School Breakfast and Lunch Menu

Week of January 20th-23rd (Free for Students) Menu created by Ordo - Made fresh daily - Main Street Bakery

Tuesday, Jan. 20th Breakfast



Breakfast  
Cheerios & String Cheese with Pear  
Vegetarian Tree-nut free  
Peanut free Egg free Soy free  
Seafood free Whole Grain  
Sesame free

Wednesday, Jan. 21st Breakfast



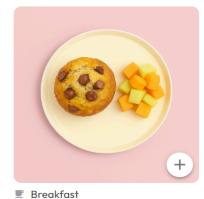
Breakfast  
Whole Grain Blueberry Muffin with Orange Wedges  
Vegetarian Tree-nut free  
Peanut free Soy free  
Seafood free Whole Grain  
Sesame free

Thursday, January 22nd Breakfast



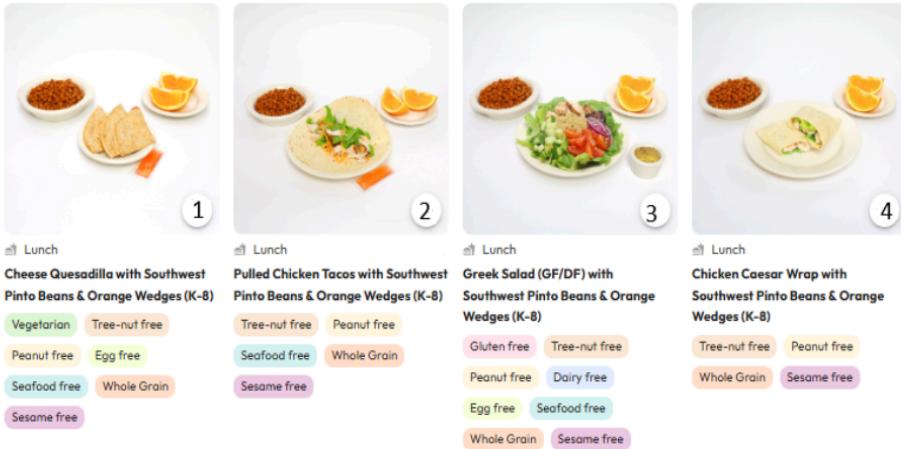
Breakfast  
Cinnamon Toast Crunch & String Cheese with Apple  
Vegetarian Tree-nut free  
Peanut free Egg free  
Seafood free Whole Grain  
Sesame free

Friday, Jan. 22nd Breakfast



Breakfast  
Housemade Banana Chip Muffin with Melon Medley  
Vegetarian Tree-nut free  
Peanut free Soy free  
Seafood free Whole Grain  
Sesame free

Tue, Jan 20



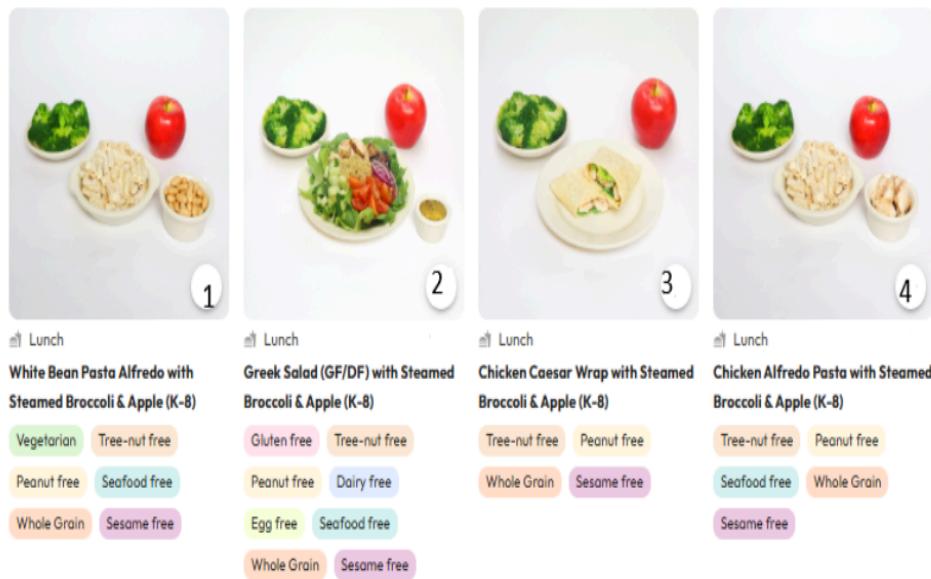
1. **Lunch**  
Cheese Quesadilla with Southwest Pinto Beans & Orange Wedges (K-8)  
Vegetarian Tree-nut free  
Peanut free Egg free  
Seafood free Whole Grain  
Sesame free

2. **Lunch**  
Pulled Chicken Tacos with Southwest Pinto Beans & Orange Wedges (K-8)  
Tree-nut free Peanut free  
Seafood free Whole Grain  
Sesame free

3. **Lunch**  
Greek Salad (GF/DF) with Southwest Pinto Beans & Orange Wedges (K-8)  
Gluten free Tree-nut free  
Peanut free Dairy free  
Egg free Seafood free  
Whole Grain Sesame free

4. **Lunch**  
Chicken Caesar Wrap with Southwest Pinto Beans & Orange Wedges (K-8)  
Tree-nut free Peanut free  
Whole Grain Sesame free

Wed, Jan 21



1. **Lunch**  
White Bean Pasta Alfredo with Steamed Broccoli & Apple (K-8)  
Vegetarian Tree-nut free  
Peanut free Seafood free  
Whole Grain Sesame free

2. **Lunch**  
Greek Salad (GF/DF) with Steamed Broccoli & Apple (K-8)  
Gluten free Tree-nut free  
Peanut free Dairy free  
Egg free Seafood free  
Whole Grain Sesame free

3. **Lunch**  
Chicken Caesar Wrap with Steamed Broccoli & Apple (K-8)  
Tree-nut free Peanut free  
Whole Grain Sesame free

4. **Lunch**  
Chicken Alfredo Pasta with Steamed Broccoli & Apple (K-8)  
Tree-nut free Peanut free  
Seafood free Whole Grain  
Sesame free

Thu, Jan 22



1. **Scrambled Eggs & French Toast with Cucumber Coins & Banana (K-8)**  
Vegetarian, Tree-nut free, Peanut free, Seafood free, Whole Grain, Sesame free

2. **Greek Salad (GF/DF) with Cucumber Coins & Banana (K-8)**  
Gluten free, Tree-nut free, Peanut free, Dairy free, Egg free, Seafood free, Whole Grain, Sesame free

3. **Turkey Sausage & French Toast with Cucumber Coins & Banana (K-8)**  
Tree-nut free, Peanut free, Seafood free, Whole Grain, Sesame free

4. **Chicken Caesar Wrap with Cucumber Coins & Banana (K-8)**  
Tree-nut free, Peanut free, Whole Grain, Sesame free

Fri, Jan 23



1. **BBQ Chicken Calzone with Baby Carrots & Pear (K-8)**  
Tree-nut free, Peanut free, Seafood free, Whole Grain

2. **Cheese Pizza Calzone with Baby Carrots & Pear (K-8)**  
Vegetarian, Tree-nut free, Peanut free, Seafood free, Whole Grain

3. **Greek Salad (GF/DF) with Baby Carrots & Pear (K-8)**  
Gluten free, Tree-nut free, Peanut free, Dairy free, Egg free, Seafood free, Whole Grain, Sesame free

4. **Chicken Caesar Wrap with Baby Carrots & Pear (K-8)**  
Tree-nut free, Peanut free, Whole Grain, Sesame free

All meals are prepared utilizing a novel approach developed and managed by Ordo Inc. All district meals are prepared by Main Street Bakery and Catering, located on South Main Street in Salinas, providing restaurant-quality healthy meals while supporting the local economy. The vast majority of meals are made from scratch daily, meet the strict USDA standards for the National School Lunch Program, and provide a superior experience compared to traditional, district-prepared meals. For more information, please contact Bernard Burchette, Chief Business Official, at [bburchette@susd.net](mailto:bburchette@susd.net) or 831-455-2550 x 333.